

June 28, 2018

## NO-COST GROUP SESSION IN JULY GIVES SMOKERS A REASON TO QUIT

### CONTACT:

Audrey Stasko, Public Information Specialist

[Audrey.Stasko@FLHealth.gov](mailto:Audrey.Stasko@FLHealth.gov)

(727) 824-6900 ext. 4575



Whatever your reason to quit tobacco is, Tobacco Free Florida offers tools and services to help you in your journey. If you are looking for face-to-face help in a group setting, attend the Tobacco Free Florida Group Quit Session at the Florida Department of Health in Pinellas County (DOH-Pinellas) Mid-County center in July. The session is open to the public and presented by the Gulfcoast North Area Health Education Center (GNAHEC) at no cost.



A two-hour session at DOH-Pinellas will be held at:

- 1 to 3 PM, Tuesday, July 24, at DOH-Pinellas in Mid-County (Largo), Room 1226, 8751 Ulmerton Rd.

During July, numerous classes are held at other locations in Pinellas County, too. In addition to the group sessions, tobacco users who want to quit may be eligible to receive two to four weeks of no-cost quit aids like nicotine

patches, gum or lozenges (while supplies last and if medically appropriate). The sessions are led by a trained specialist who will provide information on how to prepare a plan to quit, how to deal with cravings and what to expect during the process. The programs cover all forms of tobacco.

Registration is required. For information about other sessions or to register, call (813) 929-1000 or email [info@gnahec.org](mailto:info@gnahec.org). Go to [www.tobaccofreeflorida.com/quityourway](http://www.tobaccofreeflorida.com/quityourway) for other resources.

For more information about GNAHEC, go to [www.ahectobacco.com](http://www.ahectobacco.com).

For more information about DOH-Pinellas, go to [www.PinellasHealth.com](http://www.PinellasHealth.com) or follow us on Twitter at [@HealthyPinellas](https://twitter.com/HealthyPinellas).

-end-

### About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](http://www.ncaabpa.org), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on Twitter at [@HealthyFla](https://twitter.com/HealthyFla) and on [Facebook](https://www.facebook.com/FloridaHealth). For more information about the Florida Department of Health please visit [www.FloridaHealth.gov](http://www.FloridaHealth.gov).